BENGALURU, FRIDAY, JANUARY 30, 2026 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 28 | Min 17 | Humidity 80% Fog mist in the morning and mainly clear sky later Sensex 82,566 | Nifty 25,418 | Gold 1,78,850 | Silver 4,10,000 | Dollar 91.95 | Euro 109.46 | GBP 127.25

PAGE 5

Bad air days

Bengaluru performs worse than Chennai, Mumbai and even Hyderabad when measured by truly clean-air days with just 41 such days in 2025

PAGE 6

Special care

Experts say only early identification, intervention for empowerment of disabled children can help them get access to facilities and become self-reliant

As footpaths turn parking spots or just extension of roads, experts say no doubt motorists must behave responsibly, but lack of proper parking policy and spaces is root cause of problem

WAYLAY & PARK POLICY

1,47,708 cases of footpath encroachment registered in 2025

Iffath Fathima
@timesofindia.com
TWEETS @BangaloreMIRROR

In a city that is moving towards sustainable mobility and walkable urban spaces, Bengaluru's footpaths are increasingly becoming illegally occupied by parked vehicles and misused as riding lanes.

Official data from the Bengaluru Traffic Police for 2025 paints a stark picture. Out of a total 69,88,400 traffic violations registered across the city this year, 1,47,708 cases were related directly to footpath misuse combining both footpath parking and riding on footpaths. This means 2.11% of all traffic offences in Bengaluru involve encroachment on pedestrian space alone.

The bulk of these violations come from footpath parking, with 1,28,821 cases, accounting for 1.84% of the city's total traffic cases. An additional 18,887 cases were booked for riding on footpaths, making up 0.27% of all recorded offences. While the percentages may appear low with nearly 70 lakh violations, their impact on daily life is profound particularly for vulnerable road users.

Residents across neighbourhoods from commercial hubs to residential layouts report that they sight footpath riding and parking very often. However, action is not taken all the times. "I have been repeatedly posting on social media about people riding on footpaths and wrong side on Tank Bund Road in Binnypete for so many months. When we confront the offenders, they abuse us and even try to knock us down," a netizen said.

Santosh Kumar, a traffic warden and residents' welfare association (RWA) member said that the occupation of footpaths by shops, vendors and parked vehicles has become routine across the city from RR Nagar and Malleswaram to Gandhi Bazaar. "From our RWA, we had even submitted a formal letter to the GBA-West Commissioner seeking expansion of the footpath stretch from RR Nagar Metro Station to Ideal

CONTINUED ON PAGE 6 »

"Residential plots that were originally meant for one family and one car now have multiple apartments and multiple vehicles. Even within single families, there is often more than one car. Not everyone has basements, and most of the inner streets are choked by owners parking

—Arun Pai, founder of Bengaluru Walks

Risk life & limb, but pay toll

To bring more people into toll net, entry and exit points at Bengaluru-Mysuru highway sealed off in haphazard manner

Sridhar.Vivan@timesofindia.com
TWEETS @sridharVMIRROR

The Bengaluru-Mysuru Expressway, a symbol of modern infrastructure, is once again turning into a death trap due to the unscientific design and indifferent attitude of the National Highways Authority of India (NHAI). Entry and exit points along the expressway have become accident-prone zones, confusing motorists and putting lives at risk.

Even three years since the 118-kilometre expressway was opened to traffic, proper entry and exit ramps are yet to be completed. Shockingly, road dividers have not been fully installed between opposing lanes. Plans to place steel barricades in the median have not moved forward either.

Lakkanna D, a regular user, said, "The NHAI appears more focused on maximising toll collection than ensuring commuter safety. Instead of addressing the concerns of drivers and passengers, the authority has arbitrarily closed several entry and exit points, leading to confusion and risky manoeuvres by motorists."

Many drivers, in a bid to avoid paying tolls, have been using service roads and re-entering the expressway after the toll plazas. This not only reduced toll revenue but also increased traffic on service roads,

CONTINUED ON PAGE 4 »

THINGS TO DO

01 Sing along

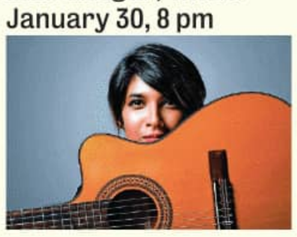
Atta Galatta is bringing a vocal harmony workshop and jamming session, where participants learn the concepts of vocal harmony, chords, and composing, and then create harmonies together and sing them as a choir. **Where: Atta Galatta, Indiranagar; When: January 31, 2 pm**

02 Vibe set

The Sixth Sense, India's first and largest multidisciplinary immersive festival, conceptualised and developed by Swordfish, the creators of Echoes of Earth festival, brings together art, music, technology, and nature to rekindle connection with the natural world. **Where: Alembic City, Whitefield; When: February 5 to 22**

03 Melody makers

The Drawing Room by Smoke House Deli brings back Wild West Fridays, a celebration of live music, easy conversations and soulful evenings. With layered vocals, Rajni & Adrian will be bringing together blues, pop, jazz and folk in their set. **Where: The Drawing Room by Smoke House Deli, Indiranagar; When: January 30, 8 pm**



04 Immersive beats

Indiranagar SOCIAL, the neighbourhood café-bar known for its culture-led music programming, will host the Bengaluru debut of ENDS & MEANS. Designed as a groove-led, dance-focused experience, the night centres on music that keeps the floor moving and the energy flowing. **Where: Indiranagar SOCIAL; When: January 31, 8 pm**

05 Comedy zone

Atta Galatta is hosting a 'Hippity Hoppity Get Off My Property', a comedy rap show by MC Hammersmith and No Pressure Improv. MC Hammersmith will be performing original hip hop comedy tracks and improvised freestyle rap comedy based on audience suggestions. **Where: Atta Galatta, Indiranagar; When: Jan 30, 7 pm**

NIMHANS to play key role in digital de-addiction drive

Economic Survey 2026 says upcoming national mental health survey led by NIMHANS aims to produce vital nationwide insights on digital dependence and its mental health effects, guiding sharper interventions

Sridhar Vivan
sridhar.vivan
@timesofindia.com
TWEETS @sridharvMirror

With digital addiction emerging as a growing public health concern in India, Bengaluru-based National Institute of Mental Health and Neuro Sciences (NIMHANS) is set to play a key role in addressing the issue by leading the Second National Mental Health Survey.

The Economic Survey 2025–26, tabled in the Lok Sabha by Finance Minister Nirmala Sitharaman on Thursday stated that the survey is expected to generate much-needed national data on the prevalence of digital addiction and its mental health impact, enabling more targeted interventions, better resource allocation and the integration of digital wellness into national mental health policies. Reacting to this, Kriti Kumar, a psychiatrist said, "Digital addiction is no longer a fringe concern and we are seeing its impact across age groups, particularly among adolescents and young adults. Reliable national data is essential to understand the scale of the problem and design timely, evidence-based interventions."

The survey also highlighted Bengaluru and Karnataka as major contributors to India's progress in higher education, mental health services, industrial capacity and innovation.

In higher education, the survey pointed to Bengaluru-based institutions such as the Indian Institute of Science (IISc) for demonstrating effective industry-academia collaboration through research parks, strengthening research quality and innovation outcomes. These models are cited as part of a broader push across states to improve university governance and leadership.

Reliable national data is key to grasping extent of issue and shaping effective, timely responses, says psychiatrist

On mental health, the survey noted the growing role of Karnataka-based initiatives, including the Service for Healthy Use of Technology (SHUT) Clinic at NIMHANS, Bengaluru, which provides specialised care for excessive technology use, especially among adolescents and young adults. National initiatives such as Tele-MANAS, a 24/7 toll-free mental health helpline launched in 2022, have received over 32 lakh calls, reflecting rising demand for mental health support.

The survey also underlined Karnataka's position as one of the key states hosting cement manufacturing units, contributing to India's status as the world's second-largest cement producer. The state benefits from proximity to raw material sources, supporting industrial growth and infrastructure development.

Bengaluru is further recognised as one of the world's top 50 most innovation-intensive clusters. The survey noted that India's improved global standing in intellectual property filings, with strong growth in patents, trademarks and industrial designs over the past five years, driven in part by innovation ecosystems in cities such as Bengaluru.

HC upholds life term for murder convict

The Karnataka High Court has upheld the conviction of a mutt aide for the murder of a three-year-old boy in Shivamogga district, affirming that the crime warranted a life sentence while correcting the manner in which the punishment was imposed by the trial court. A division bench of Justice HP Sandesh and Justice Venkatesh Naik dismissed the accused's appeal challenging his conviction for kidnapping and murder, observing that the evidence on record clearly established his guilt. The court described the offence as a "heinous act committed against a defenceless child," noting that the accused had acted with premeditation.

According to the prosecution, the accused, Rudresh alias Rudraiah, who was working at a mutt in Hosamane village, bore a grudge against the child's mother and grandmother after they questioned alleged financial irregularities at the mutt. On April 10, 2017, he allegedly mixed sleeping pills in the food consumed by the family. After the adults lost consciousness, he kidnapped the child and threw him into a nearby river, leading to the boy's death. Upholding the conviction, the High Court said the chain of circumstances proved by the prosecution was complete. "The conduct of the accused before and after the incident clearly points to his involvement in the crime," the bench observed.

However, the court modified the sentence imposed by the sessions court, which had ordered life imprisonment "till the end of natural life." Clarifying the legal position, the bench held that a trial court does not have the power to deny. **— BMB**

Students from KREIS colleges to get 30-day CET coaching

With the CET 2026 dates already announced for April 23 and 24, the Department of Pre-University Education has decided to roll out a first-of-its-kind 30-day intensive CET training programme for PU students studying in Karnataka Residential Educational Institutions Society (KREIS) colleges. The training will begin after the II PU annual exams end on March 17 and will be conducted through subject experts at Morarji Desai Residential Colleges, Kittur Rani Chennamma Ekalavya Model Schools, and Dr BR Ambedkar and Atal Bihari Vajpayee residential PU colleges across districts.

Officials said that this move aims to support talented students from poor and rural backgrounds by offering structured guidance, focused preparation and confidence-building at a crucial stage. During the training, students will receive subject-wise mentoring, tips on key CET focus areas, exam strategies, time management, mental health support and health-related guidance. Applications were invited earlier, with around 10,000 students applying, of whom 6,000 have been shortlisted based on past academic performance. Officials admit there are challenges, including ensuring students stay back in hostels after exams and arranging food and accommodation, but say demand for the programme is high in several districts. "The department has also been experimenting with online CET coaching since last year and plans to finalise the training framework after reviewing district-wise requirements," an official said. **— BMB**

National dermatology meet focuses on awareness

As skin diseases continue to rise across India, dermatologists from across the country have gathered in Bengaluru for the 54th National Conference of the Indian Association of Dermatologists, Venereologists and Leprologists (IADVL), DERMACON Bengaluru 2026, to discuss strategies for improving skin health, patient care, and public awareness. The event emphasises evidence-based dermatology, community outreach, and academic excellence. Dr Sharanaprakash Rudrappa Patil, Minister for Medical Education and Skill Development, noted the growing burden of skin diseases, stressing early diagnosis and stronger public education on dermatological care. Dr Rajeev Sharma, IADVL President, highlighted initiatives such as free skin camps, anti-quackery awareness programmes and leprosy eradication drives. **— BMB**

Weather woes push banana prices to record highs

Even without festival demand, banana prices have shot up sharply in city markets, with 'Yelakki' bananas crossing the Rs 100-a-kg mark. Just two months ago, bananas were selling at Rs 50 to Rs 60 a kg, but erratic weather conditions have hit yields across Karnataka and other producing states, tightening supply. With arrivals falling short of demand, 'Yelakki' banana is now priced between Rs 95 and Rs 100 a kg, and traders say prices may hold firm with Shivaratri around the corner.

Traders said that the impact of weather fluctuations is also being felt across the vegetable market, with heat stress, unseasonal rain and lower yields pushing up prices of select vegetables and leafy greens. While beans, brinjal and knol khol remain relatively affordable, rates of greens and a few other vegetables have risen. Traders point out that supplies from Andhra Pradesh and Tamil Nadu, which usually stabilise the market during this period, have been lower this season, leading to volatility. With crop damage and disease affecting output, prices are expected to remain elevated at least till the peak summer months. **— BMB**

CRIME FILES

Kannada actor booked for drunken driving after causing chain accident

Kannada film actor Mayur Patel was booked for drunken and negligent driving after allegedly triggering a chain accident on Old Airport Road near the Command Hospital signal late on Wednesday night, around 10 pm.

Patel allegedly crashed into vehicles waiting at a traffic signal, including a government vehicle, setting off a chain collision involving four vehicles and causing damage to at least two of them, police said.

According to the Halasuru Traffic Police, Patel was driving the vehicle himself and was allegedly overspeeding and driving rashly at the time of the accident. Passersby alerted the police control room, following which traffic police rushed to the spot and took the actor to the police station.

During the mandatory drink-and-drive test, Patel tested positive for alcohol, confirming that he was under the influence while driving. Based on a complaint lodged by Srinivas, the owner of one of the damaged cars, police registered an FIR. **–BMB**

Two killed after lift collapses

Two workers were found dead after a material supply lift collapsed at a construction site on Wednesday night. A case was registered at Varthur Police Station on Thursday.

According to police, the incident occurred while the lift was in operation at the construction site. Both men suffered fatal injuries after the lift gave away and crashed from a height. They were rushed to a nearby hospital, where doctors declared them dead. The deceased have been identified as Sathya Kumar, who was working as the lift operator, and Muttappa, a lift mechanic.

On January 29, the wife of Sathya Kumar lodged a formal complaint with the police, accusing the contractor, identified as Sudeer, and the site engineer of negligence. In her complaint, she alleged that the lift was poorly maintained and that repeated warnings about safety issues at the site were ignored.

Based on the complaint, police have registered a case under Section 106(1) of the Bharatiya Nyaya Sanhita (BNS), which deals with causing death by negligence. Investigators have begun examining the circumstances that led to the collapse, including safety protocols, maintenance records, and possible lapses by those responsible for site supervision. **–BMB**

Man killed by speeding car

A pedestrian lost his life in a tragic road accident on NH-44 in Devanahalli on Wednesday night after being struck by a speeding car while crossing the road at around 9.20 pm.

The deceased, identified as Akbar Khan, 46, a resident of Howrah, West Bengal, suffered critical injuries and was rushed to Devanahalli Akash Hospital by ambulance. However, he was brought dead, police said.

The driver, identified as 19-year-old Jeevan bin Lokesh from Hosakote Taluk, is accused of causing the accident due to reckless driving. A formal complaint has been lodged, and the Devanahalli Traffic Police have initiated an investigation under Sections 281 and 106(1) BNS of the Motor Vehicles Act. **–BMB**

FIR filed over mockery of deity

A city-based advocate, Prashanth Methal, has filed a private complaint alleging that Bollywood actor Ranveer Singh hurt religious sentiments by mocking a sacred Daiva tradition during a public event. Acting on directions from the 1st Additional Chief Judicial Magistrate (ACJM) Court, High Grounds police registered an FIR on Wednesday and began investigation.

According to the complaint, actor Ranveer Singh insulted the deity during the closing ceremony of the International Film Festival of India (IFFI) in Goa on November 28, 2025.

The case has been referred to the 1st ACJM Court for further action. Based on the complaint, High Grounds police have registered an FIR against Ranveer Singh under Sections 196, 299 and 302 of the Bharatiya Nyaya Sanhita (BNS) and have taken up further investigation. **–BMB**

Man killed in freak accident

A 49-year-old security guard was killed after a trolley gate collapsed on him at a building near Bone Mill on the Hesaraghatta Main Road, under Bagalagunte Police Station limits, late on Wednesday night.

According to police, the incident came to light when passersby noticed the guard, identified as Swamy from Chikkasandra, lying in a pool of blood under the collapsed gate and alerted the authorities. Police personnel rushed to the spot and shifted the body for post-mortem examination. Police officials stated that a case of unnatural death has been registered, and investigations are ongoing to determine the exact cause of the accident. **–BMB**

Lokayukta nabs erring officials

The Karnataka Lokayukta Police on Wednesday conducted extensive search operations in connection with a disproportionate assets (DA) case registered against Tejas Kumar N, Assistant Commissioner, Forest Department, in Bengaluru City-1 Lokayukta Police Station.The total value of the assets identified during the searches is estimated at Rs 26.55 crore.

The searches were carried out on January 29, 2026. During the searches, Lokayukta officials reportedly uncovered substantial assets. According to officials, the immovable properties seized include four sites, eight houses and 14 acres of agricultural land, collectively valued at approximately Rs 25.63 crore. In addition, movable assets worth Rs 92.5 lakh were detected, including Rs 50,000 in cash and vehicles valued at Rs 92 lakh. Lokayukta police stated that further investigation is underway.

Inspector caught for bribery

The Lokayukta police on Wednesday trapped a police inspector posted at the KP Agrahara Police Station for allegedly accepting a Rs 4 lakh bribe in connection with a chit fund-related case.

Based on a complaint filed by the victim, the Lokayukta police laid a trap and caught the officer red-handed while he was accepting the bribe near the CAR Ground at Sirsi Circle. **–BMB**

'No curb on Jan Aushadhi centres outside hospitals'

The Karnataka government has told the High Court that it will not interfere with Jan Aushadhi Kendras operating outside government hospital premises, even as it challenges an earlier court ruling that struck down its order to shut these outlets within hospital campuses.

During the hearing, the Advocate General informed the court that the State has no plans to disrupt around 1,200 Jan Aushadhi Kendras functioning outside hospital grounds, and that its appeal is directed only at the order affecting outlets inside hospitals.

The controversy began with a government directive issued in May 2025 that ordered the closure of Jan Aushadhi Kendras located on government hospital premises. A single-judge bench subsequently quashed the government's directive.

The government is now pursuing an appeal against this decision, and the matter will be heard again before a division bench. Meanwhile, the state has already relocated government-run Jan Aushadhi outlets from inside hospital campuses . **–BMB**

HC flags animal welfare concerns at Pilikula Zoo

The Karnataka High Court has raised serious concerns over the condition of animals housed at the Pilikula Biological Park in Mangaluru, remarking that the facility may have to be shut down if the situation reflected in photographs placed before it was accurate.

A division bench headed by Chief Justice Vibhu Bakhru, after examining images submitted along with a public interest petition, observed that the condition of a sambar deer shown in one of the photographs was alarming.

The petition, filed by wildlife conservationist Bhuvan M, alleged widespread violations of animal welfare norms at the zoo.

Representing the authorities, counsel informed the court that an application for renewal of recognition was under consideration. The state government sought time to place its response on record. The court posted the matter for hearing on February 5. **–BMB**

K'taka Police grants leave for birthdays

In a move aimed at boosting morale and recognising the personal lives of police personnel, the Office of the Director General and Inspector General of Police (DG & IGP), Karnataka, has issued a circular allowing officers and staff to avail casual leave on their birthdays and wedding anniversaries.

The circular recognises the importance of celebrating personal milestones for those working in demanding conditions to ensure public safety. According to the order, permitting leave on such occasions enables personnel to recharge emotionally, spend time with family, and maintain a healthy work-life balance. This, in turn, is expected to enhance job satisfaction, reduce stress, and improve overall efficiency and discipline within the force.

"All Unit Officers are directed to ensure that requests for leave submitted by police officers and staff on the occasion of their birthday or wedding anniversary are approved without fail," the circular stated.

The initiative reflects a growing recognition of the sacrifices made by police personnel and underscores the administration's commitment to their welfare. The new directive signals a move towards a more personnel-friendly approach. **–BMB**

112 is trusted safety net for citizens

In the last four years, Bengaluru's emergency helpline Namma 112 has evolved into a major citizen-focused safety network, handling 5,22,742 calls for service (CFS) in 2025 alone, reflecting its growing reach and dependence among the city's residents.

Joint Commissioner (Administration) Kuldeep Kumar Jain said 1,16,800 of these calls were made by women, while the overall CFS rose by around 77,000 compared to 2024. The increased responsiveness, officials noted, contributed to a 9 per cent reduction in hurt cases during 2025.

From managing rising call volumes to privacy safeguards and inclusive access, the system reflects the city's growing emphasis on speed and trust. **–BMB**

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SUMMER VACATION-2026
(Eng & Kan Med)
Admissions Started for
IV&V
Sainik/Navodaya/Kittur/RMS Coaching
Maths, English, IQ & GK
VI to X
(Mathematics, Science & English Grammar)
2024-25 Result
Sainik School
State 2nd Rank Chiranjivi BJ Bengaluru
State 3rd Rank Arav Heddurshetti Hukkeri
State 4th Rank Satvik Mohite Vijayapur
State 6th Rank Sampreeth Patil Agashal
State 7th Rank Arnav Sangam Vijayapur
State 7th Rank Satvik Baligar Belagavi
State 8th Rank Khushi Rathod Vijayapur
State 9th Rank Aadish Rathod Bagalkot
State 9th Rank Pranav Madabhavi Vijayapur
State 10th Rank Pratik Jiddimani Bilagi
RMS
Satvik M Baligar Belagavi
Vihhannkumar N Peta Raichur
Rishaan P Bagali Bengaluru
Studying 6th in RMS Belagavi
SSLC
State 2nd Rank 624/625
Prajwal Pattar Vijayapur
Separate Hostel Facility Available For Boys & Girls

Underused STPs undermine city's sewage management

Non-compliance by notified STPs in Bengaluru is pushing sewage generators towards illegal disposal, worsening environmental and public health risks

| Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

The Department of Forest, Ecology and Environment identified four sewage treatment plants (STPs) in Bengaluru, following directions from the National Green Tribunal, to treat sewage generated from commercial establishments and industrial areas in and around the city, including the Doddaballapur Industrial Area.

A notification issued on May 15, 2017, assigned four STPs—BWSSB V-Valley, ITI Limited, HMT (CSD) Limited, and KHB (Suryanagar)—for this purpose, as these units were underutilised. For instance, BWSSB V-Valley has a total capacity of 180 MLD but was receiving only 100 MLD. The STP at ITI Limited has a capacity of 2.8 MLD but was receiving only 1.2 MLD, while the HMT Limited STP, with a capacity of 1.70 MLD, was receiving just 0.5 MLD. Similarly, the KHB Suryanagar STP has a capacity of 2.25 MLD but was receiving only 1 MLD of sewage per day.

The Under Secretary of the Department of Forest, Ecology and Environment had directed these STPs to treat sewage transported from commercial, business establishments, and industrial areas. However, the STP managed by ITI Limited has stopped receiving sewage for the past two years, while the STP managed by HMT Limited stopped receiving sewage from October 2025. This non-compliance with the government notification is forcing sewage generators to dispose of waste illegally.

Environmentalists urge immediate utilisation of idle sewage treatment infrastructure

When contacted, Naresh of HMT Limited said he could not share details regarding the STP. It is believed that the STP managed by HMT Limited is not functioning and is also not treating sewage generated from its ancillary units and residential quarters. Meanwhile, an Environmental Officer of the Karnataka State Pollution Control Board (KSPCB) stated that the Board is yet to renew the licence of the STP managed by HMT Limited. "I have already written to my senior officers regarding this issue. A decision has to be taken on the renewal of the licence. The licence expired in 2022," the officer said.

> **"We often come across instances where sewage and dirty water are released into stormwater drains due to the non-availability of STPs**
> – Dr D Paramesha Naik, President, Ecological Society of India

Sekhar Mondal of ITI Limited said that sewage generated from industrial and commercial units is not being accepted due to certain technical issues. Emphasising the need to utilise the STPs at HMT Limited and ITI Limited, Dr D Paramesha Naik, president of the Ecological Society of India, said the authorities concerned, including KSPCB engineers, must take steps to ensure these STPs treat sewage generated by industrial units and commercial establishments. "This will help prevent environmental pollution. We often come across instances where sewage and dirty water are released into stormwater drains due to the non-availability of STPs. I want the STPs of HMT and ITI to start collecting sewage without any delay," he said.

Cement blocks, iron frames used to block entry, exit points

CONTINUED FROM PAGE 1

resulting in a spike in accidents. In response, the authorities shut down multiple entry points and narrowed the exit routes—especially for larger vehicles. These exits now feature oversized cement blocks that pose additional danger, and most entry and exit points lack proper signages.

Hazardous planning near Mandya

At the Tubinakere area in Mandya taluk, this lack of planning becomes obvious. Access and exit points have been blocked using iron frames and cement blocks — posing a clear hazard to motorists. Similarly, at Ragimuddinahalli near Mandya, vehicles using the service road are no longer permitted to access the expressway. The approach seems to be an attempt to bring toll-evading vehicles under the toll collection net rather than focusing on safety and planning. Despite several unauthorised access roads existing in various locations, the NHAI has taken no steps to close them.

Mandeep Dixit, a traffic expert, said to ensure safety and efficiency on the Bengaluru-Mysuru Expressway, it is imperative to close all unauthorised entry and exit points and develop wider, well-marked official access roads for smoother traffic flow. "The introduction of a GPS-based toll collection system would help streamline revenue while reducing manual errors and evasion. Proper reflectors must be installed throughout the expressway to aid night-time visibility, and the long-promised rest areas—complete with gas stations, helipads, and cafés—should finally be constructed to serve commuters better."

He said that a towing service must be deployed to handle post-accident situations swiftly. "A glaring example of the current lapses can be seen near the Gananguru Toll Plaza, where vehicles using service roads were entering the highway at Ragimuddanahalli via reverse gates, bypassing the toll booths entirely. It was only recently that NHAI officials stationed staff to restrict such access, compelling vehicles to stay on service roads up to Tubinakere. Without immediate and scientific interventions, the expressway will continue to see rising accidents and fatalities, undermining the very objective of its development."

CM inaugurates Bengaluru International Film Festival

Chief Minister Siddaramaiah on Thursday inaugurated the 17th Bengaluru International Film Festival here. The inaugural programme held in front of Vidhana Soudha here featured a "World Music Celebration" led by violinist Jyotsna Srikanth, followed by the formal event. Actors Prakash Raj, the festival's ambassador, and Rukmini Vasanth were among the special guests who were part of the event.

According to officials, the Netherlands film Fort Baggage will be screened as the opening film. This year's festival is being held with the theme "Women's Sensibility, the Voice of Equality," inspired by a famous line from prominent late Kannada poet G S Shivarudrappa. The festival, to be held till February 6, will showcase around 225 films from 65 countries across multiple sections, including Asian Cinema Competition, Indian and Kannada cinema competitions, contemporary world cinema and retrospectives, they said. Screenings will take place at Cinepolis at Lulu Mall in Rajajinagar, Suchitra Film Society in Banashankari and the Karnataka Film Artists' Association premises, officials added. — PTI

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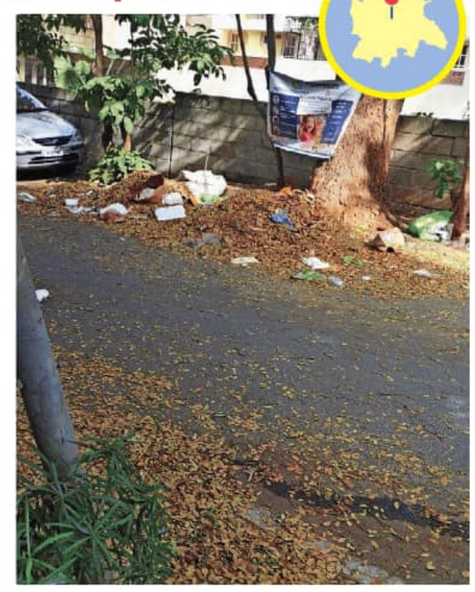
Neglected roads

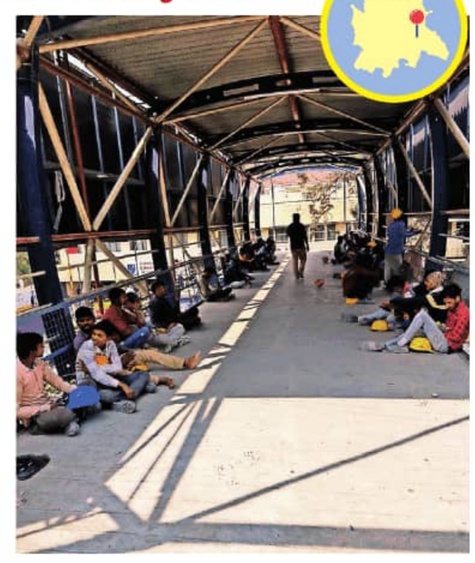
Bikasipura



Roads in Bikasipura have remained piled with dried leaves and waste for months, with continued inaction by the GBA drawing residents' ire.

Skybridge misuse

Residency Road



Workers from an under-construction building were seen occupying both sides of the skybridge on Residency Road on Thursday afternoon, violating public space norms.

Bumpy stretch

Gandhi Bazaar

Sunken cobblestones between concrete slabs on Gandhi Bazaar Main Road have created an uneven surface, making the entire stretch bumpy for commuters.

Bengaluru falls behind Chennai, Mumbai, Hyderabad in clean-air race

Cleanest labels remain elusive as southern tech hub lingers inside middling pollution band, despite avoiding hazardous spikes

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

City remains in a moderate pollution band despite avoiding hazardous air-quality spikes

Recent parliamentary figures reveal Karnataka's capital logging fewer pristine-air intervals than rival metros, exposing stagnation masked by consistently moderate particulate readings

Bengaluru may avoid the toxic spikes that plague Delhi, but the city still performs worse than Chennai, Mumbai and even Hyderabad when measured by truly clean-air days. Despite recording zero poor, very poor or severe days, Bengaluru managed only 41 good days in 2025—below Mumbai's 55, lower than Chennai's consistently clean-air record, and behind Hyderabad's remarkable 291 satisfactory days. The city remains locked in a comfort zone dominated by "satisfactory" air, revealing a plateau rather than progress, according to data recently presented in Parliament.

Standards that matter

The assessment gains sharper context when viewed against global and national benchmarks. The World Health Organization's Global Air Quality Guidelines (2021) are non-binding but set the world's toughest reference values, urging nations to consider geography, socio-economic conditions and environmental realities before adopting them. India's Ministry of Environment, Forest and Climate Change operates within this framework through the National Ambient Air Quality Standards (NAAQS), covering 12 key pollutants aimed at safeguarding public health.

Under India's Air Quality Index (AQI) system, PM2.5 levels between 0–30 µg/m³ qualify as good (AQI 0–50). Bengaluru's struggle becomes evident here: few days break into this lowest band. Most fall between 31–60 µg/m³, the satisfactory range (AQI 51–100). A high number of satisfactory days may look harmless, but it signals the city's inability to push air quality into the healthiest bracket. The thresholds scale sharply upwards—moderately polluted (61–90 µg/m³), poor (91–120), very poor (121–250) and severe (above 250 µg/m³)—categories Bengaluru avoided but also failed to rise above meaningfully, as per parliamentary data.

Chennai recorded 35 good and 250 satisfactory days, indicating steadier low-pollution patterns. Mumbai—despite its notorious congestion—surpassed all major metros with 55 good days, dipping into "poor" territory only once. Hyderabad, though registering no good days, maintained an impressive 291 satisfactory days, signalling a stable mid-range profile that still outperforms Bengaluru's mix of moderate fluctuations. Cities such as Ahmedabad and Surat, meanwhile, drifted repeatedly into poor and very poor categories, underscoring the uneven industrial impact across western India.

Delhi continued its descent with 134 bad-air days, including "poor", "very poor" and "severe" episodes. PM2.5 levels regularly breached the upper AQI bands, presenting a crisis rather than a trend. Compared with this collapse, Bengaluru's metrics appear calm—but relative comfort cannot substitute for genuine improvement.

Stuck in the Middle

Environmental activist Suresh Kumar said, "Bengaluru's air story is one of safe mediocrity. The city does not choke, but it also does not climb. Its dominance in the 'satisfactory' band shows stability without ambition, leaving it far from the WHO's ideal and trailing cleaner metros at home. With national standards tightening and urban pollution control growing urgent, Bengaluru's challenge is clear: break out of the plateau and convert 'not bad' air into consistently 'good' air worth boasting about."

Responding to concerns over rising air pollution in Bengaluru, Deputy Chief Minister DK Shivakumar has directed the Chief Secretary to take immediate measures. Acknowledging the threat, he has instructed relevant departments, through the Chief Secretary, to constitute a team of experts to identify and implement emergency measures aimed at curbing hazardous air pollution levels in the city.

Road relief plan unveiled

In a major push to find a long-term solution to Bengaluru's traffic woes, the city's Traffic Police have drawn up a comprehensive master plan and submitted a detailed list of recommendations to the Greater Bengaluru Authority (GBA). The proposals aim to ease traffic congestion, improve pedestrian safety and streamline vehicular movement across the city.

Taking the suggestions seriously, the GBA has directed officials to conduct immediate site inspections and begin work wherever feasible. Based on inputs from the Traffic Police, the civic body has been asked to prioritise projects that can deliver quick relief at major junctions and arterial roads.

Key recommendations by the traffic police

To reduce accidents involving pedestrians and ensure smoother vehicular flow, the Traffic Police have proposed the construction of pedestrian skywalks at 101 identified locations across the city. In addition, the relocation of 103 poorly planned bus stops that contribute to traffic bottlenecks has been recommended.

Waterlogging to be addressed at 137 spots

The Traffic Police have identified 137 waterlogging-prone areas that cause severe inconvenience during the monsoon. Improvements to stormwater drains and related infrastructure have been suggested to address the issue. To ensure smoother traffic movement, the removal of 84 unscientific and obstructive speed breakers has also been proposed. To prevent congestion caused by buses stopping on main carriageways, the plan recommends the construction of dedicated bus bays at 63 locations, a Traffic Police official said.

Development of 35 high-traffic roads

A total of 35 roads with heavy vehicular traffic have been identified for comprehensive development to improve capacity and traffic flow. Based on the submitted plan, joint inspections by GBA officials, engineers and the Traffic Police will be carried out in the coming days. Projects found to be technically viable are expected to be taken up through the tender process, with work likely to begin shortly. "We hope the measures will bring visible relief to Bengaluru's traffic congestion in the near future," said a senior police official. **–BMB**

Budget hopes: City demands ₹90k crore boost

As one of India's biggest economic engines, Bengaluru is looking to the Union Budget for a decisive push to match its explosive growth. Karnataka today accounts for over 60 per cent of the country's IT, aerospace and defence exports and is rapidly emerging as a semiconductor hub, with Bengaluru hosting more than 400 global R&D centres. However, choking traffic, infrastructure gaps and delayed approvals are quickly becoming a major bottleneck. With global investors closely watching India's urban readiness, the state is pitching for strong central support for projects worth over ₹90,000 crore to keep the city competitive on the world stage.

Ritwik D, a college student, said, "Top on the wish list is approval and funding for key mobility and strategic projects. The revised cost of Metro Phase-2 has jumped from ₹26,405 crore to ₹40,425 crore, a proposal cleared by the state and pending with the Centre since June last year. Bengaluru Metro Phase-3A, a 36.59-km corridor from Sarjapur to Hebbal with 28 stations and an estimated cost of ₹28,405 crore, is also awaiting central clearance."

Officials said that the state is seeking backing for tunnel roads, a Regional Rapid Transit System for the Bengaluru region, and renewed approval for a Defence Corridor, which was missed earlier despite Karnataka's leadership in aerospace and defence manufacturing. Bengaluru remains among the world's most congested cities even as it gains global tech prominence, making the 2026–27 Union Budget crucial for its next growth phase. **–BMB**

La Niña fades, heat rises

Karnataka is staring at a hotter-than-usual summer, with temperatures across all districts likely to rise by 1 to 3 degrees Celsius above normal, weather experts have said. The spike is being attributed to the weakening influence of La Niña, which usually brings cooler conditions and better rainfall. With that effect fading, rainfall is expected to be lower and heat intensity higher during the coming months.

"The extent of the heat will become clearer by the last week of February or early March," a weather expert said, adding that signs of summer are already visible as cold conditions recede across the state.

While reservoir-dependent regions may not face immediate stress due to good water storage following above-normal rainfall this year, groundwater-dependent areas could feel the heat quite literally. Experts have warned of possible water shortages in borewell-reliant regions as rising temperatures reduce availability. Even a one- or two-degree rise could severely impact north Karnataka districts, where summer temperatures often cross 40°C.

According to a report by the India Meteorological Department's Bengaluru centre dated January 28, dry weather prevailed across the state, with coastal districts recording temperatures 1.6°C to 3°C above normal and parts of north interior Karnataka seeing deviations as high as 3.1°C to 5°C. Maximum temperatures included 33.8°C in Ballari, 33°C in Kalaburagi, 32.9°C in Mangaluru, and 32.6°C in Karwar and Gokarna, while Bengaluru recorded 29.6°C, signalling an early build-up to a harsh summer. **–BMB**

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Early intervention can empower disabled kids: Child rights body

Panel flags teacher shortages, poor scheme implementation, urges surveys, digitisation, village-level rehabilitation and expanded age limits

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Karnataka State Commission for Protection of Child Rights (KSCPCR) suggested the state government take measures for early identification and intervention for the welfare and empowerment of special children in the state.

The KSCPCR stated that early identification and timely intervention by the authorities concerned would help special children access facilities and become self-reliant. KSCPCR Member Dr Thippeswamy KT, in a letter to the Secretary, Women and Child Development, Empowerment of Differently Abled and Senior Citizens, said he interacted with parents, special children and staff at special schools during a state-wide tour and came across several genuine concerns.

"I found some valid complaints during the interaction with them at special schools during the tour. They complained of a shortage of teachers at special schools, including aided schools, and a lack of study material and technology," Dr Thippeswamy said. He added that implementation of welfare schemes for special children at the village panchayat level was not up to the mark. "The five per cent of the grant reserved for the welfare of special children is not being utilised properly," he said. Among the key recommendations is a comprehensive door-to-door survey at the village panchayat level to identify special children, along with measures to digitise the data collected. The commission has also suggested forming supervisory committees for the rehabilitation of special children at the panchayat level.

The KSCPCR further recommended that community-based rehabilitation workers visit households regularly to provide treatment, guidance and exercises for special children. Village panchayats, it said, should organise special meetings for differently abled persons and children, with mandatory participation of teachers, parents and concerned authorities, and ensure that local-level solutions are found to address their problems.

State child rights body calls for door-to-door identification, better staffing, skill centres, community rehabilitation, stigma reduction, and stronger inclusion of families and persons with disabilities

Another major recommendation is to increase the age limit for admission of special children to special schools from the existing 24 years to 30 years. The commission also called for arrangements for skill development and job opportunities for differently abled persons, and urged the government to open skill-based rehabilitation centres for their benefit. Organising awareness programmes to remove stigma against differently abled persons in society is also among the recommendations. KSCPCR chairman Shashidhar Kosambe said the commission expects the authorities concerned to consider the recommendations and ensure early implementation for the welfare of special children in the state.

Call for skill-based rehabilitation centres, higher admission age limit, and better job opportunities for differently abled persons

Child rights activist Nagasimha G Rao described the recommendations as appropriate and progressive, but said their impact could be strengthened by actively consulting senior citizens, persons with disabilities and their families while framing policies. Such consultations, he said, would bring out practical insights and unmet needs.

Referring to the Rights of Persons with Disabilities (RPwD) Act, 2016, under which 21 categories of disabilities are recognised, Rao stressed the need for large-scale awareness campaigns targeting parents, communities, schools, workplaces and the general public to promote genuine inclusion. He also highlighted the urgent requirement for mental health support and parent support groups for caregivers of children with disabilities.

Rao further pointed out that Karnataka needs a comprehensive Disability-Inclusive Disaster Management Plan to ensure that persons with disabilities are not overlooked during floods, fires, epidemics and other emergencies, and that evacuation, relief, shelter and recovery efforts are accessible and equitable.

Footpaths riding, parking make up for 2.11% of all traffic offences

CONTINUED FROM PAGE 1

Homes, as a large number of people use this corridor for walking. In some parts of the city, footpaths have been relaid and widened, and those stretches are well-managed and pedestrian-friendly. But across much of Bengaluru, footpaths remain unwalkable, forcing people onto the carriageway, a situation that puts pedestrians at serious risk."

Vishnu Prasad of Save Bellandur said that streets are for people first, not just vehicles. "Yet we continue to build roads without safe, continuous pedestrian footpaths. This reflects a systematic failure across agencies like the GBA and the traffic police to recognise the importance of walkability. If footpaths truly mattered, they wouldn't be routinely taken over by commercial establishments for parking, or occupied by pushcarts and vendors with the traffic police allowing it through a complete absence of real enforcement. Without walkability, Bengaluru cannot become a truly liveable city."

Parking policy needs to be in place

Arun Pai, founder of Bengaluru Walks and Coordinator of Walkaluru, said the problem needs to be addressed at its root. "Bengaluru does not have a well-designed Parking Policy, and so there are no clearly defined paid parking spaces across the city. In many areas where paid parking was introduced, the system has failed over time. People who want to comply with rules and pay for parking simply don't have access to designated parking," he said.

Citing everyday examples, Pai added, "During my walks around Cubbon Park, if you go there around 9 am, there is virtually no official parking available along Kasturba Road or nearby areas. The absence of a structured parking policy directly leads to traffic congestion and the takeover of footpaths for parking."

He also pointed to unplanned urban density as a major contributor. "Residential plots that were originally meant for one family and one car now have multiple apartments and multiple vehicles. Even within single families, there is often more than one car. Not everyone has basements, and most of the inner streets are choked by owners parking. When we haven't figured out how to stop wrong way driving on one-ways, the most egregious violation of all, we fail at stopping footpath riding too. Today, even with automated systems and fines in place, violations continue unchecked. There is no real deterrence the fear of enforcement no longer exists."

Kumaresh BP, of KR Puram zone, however, lauded the police but said citizens have to do more. "The KR Puram traffic police are doing a commendable job of managing traffic in the market and heavy-vehicle movement areas. Despite multiple awareness programmes conducted by the traffic control team to prevent footpath parking and driving, the shortage of parking space and high traffic volume force vehicles onto the footpaths. As citizens, we also have a responsibility to follow traffic rules and regulations and support the smooth flow of traffic."

DCP Traffic North Jayaprakash told BM that drives are taken up regularly to crack down on footpath riding and that offenders are fined. "Footpaths are meant solely for pedestrians and not for parking or riding. We are carrying out regular enforcement drives across all traffic divisions against footpath parking and pavement riding, and strict action is being taken against violators. Our objective is not just penalisation, but deterrence and the restoration of pedestrian safety. With consistent enforcement, a high number of cases are being booked through both contactless and contact enforcement methods. Special drives are conducted frequently, and such violations are penalised on a daily basis," the official said.

Layout trapped between floods, sewage nightmare

Kodathi layout residents seek urgent solution to years of flooding

Residents of Petra Pebbles layout in Kodathi Panchayat have been battling severe flooding and sewage overflow for over five years, with no lasting relief in sight. The layout, which has around 100 plots and is home to nearly 200 residents, is intersected by a rajakaluve that repeatedly overflows during rains, triggering chronic waterlogging.

Although authorities began reconstruction work on the stormwater drain following multiple complaints, residents say the problem has only worsened. They allege that unplanned diversion of sewage into open areas around the layout has led to sewage mixing with rainwater, causing it to flow back into residential streets. "Water seeps into our parking areas and even into drinking water sumps. Underground tanks are filled with black sewage water. The stench and health hazards have become part of daily life," said a resident, adding that movement within the layout becomes nearly impossible during spells of rain.

Slushy roads and sewage overflow trap residents inside layout

Health concerns are mounting, particularly for children and elderly residents. Stagnant water has become a breeding ground for mosquitoes, leading to frequent illnesses. "Because rajakaluve work is ongoing, sewage water is returning into our layout and nearby areas. We have been living with this for five to six years," another resident said. Residents also report sewage overflowing onto roads, making them slushy and unsafe. Despite repeated representations to local authorities, they say only temporary measures are taken, with no permanent solution.

With the monsoon approaching, residents fear a worsening crisis and the outbreak of waterborne diseases. They are urging authorities to urgently fix the drainage network, prevent sewage diversion, and provide a long-term solution to restore safe living conditions in the layout. — BMB

State's water under pressure

GIS analysis identifies contamination hotspots and safer regions

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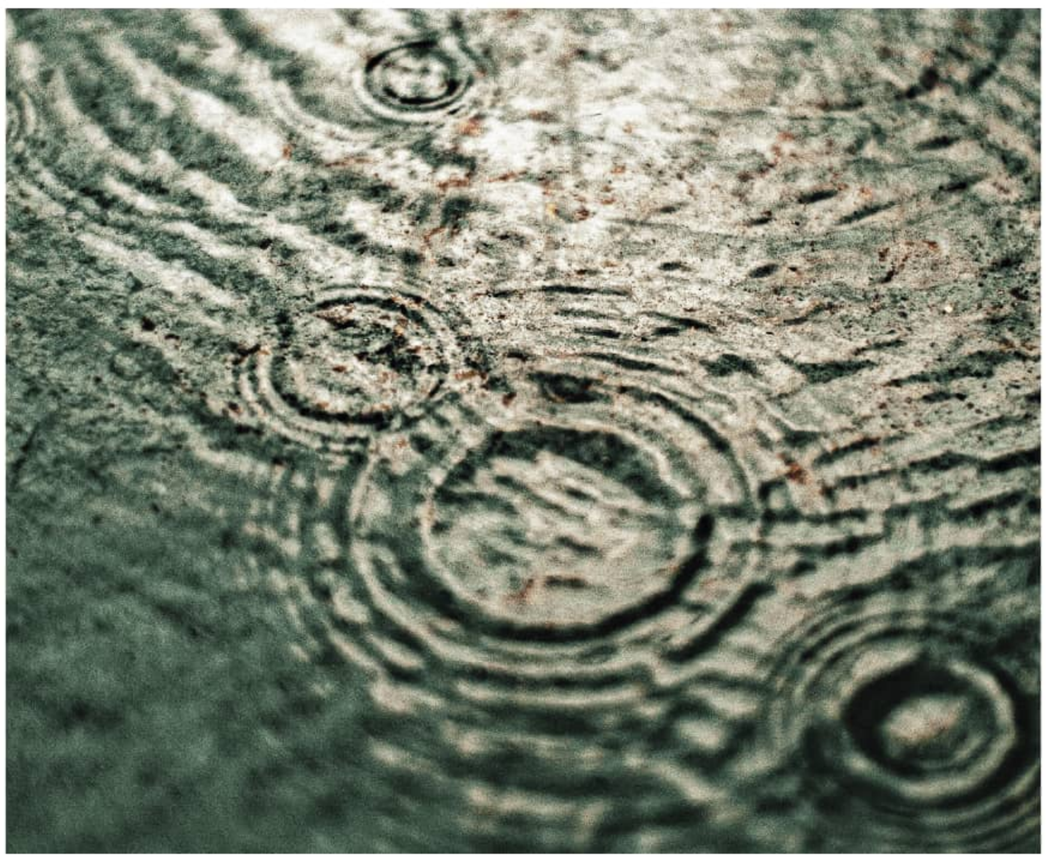

Urbanisation pressures exacerbate groundwater stress in northern districts

Over 11 per cent of the state's groundwater is highly vulnerable, with localized contamination linked to fertiliser use and intensive farming. Authorities are urged to prioritise recharge structures and monitoring networks

IN FOCUS
Aquifer crisis

A GIS-based analysis of Karnataka's groundwater vulnerability reveals that approximately 11 per cent of the state is highly vulnerable to both groundwater availability and pollution, while more than 86 per cent falls under moderate vulnerability.

The analysis shows that high-risk zones are primarily located in the northern and central parts of the state, including Vijayapura, Kalaburagi, and Bagalkote. In contrast, the southern and western districts, such as Kodagu, Uttara Kannada, and Mysuru, exhibit low vulnerability due to protective features, including dense vegetation cover.

The analysis, conducted by researchers from Clark University in Worcester, Massachusetts, Siddaganga Institute of Technology in Tumkur, and Mississippi State University in Starkville, MS, indicates that shallow water tables, coarse-textured soils, and high conductivity values lead to elevated contamination risk in highly vulnerable areas. Groundwater was also found to be vulnerable in the southern transitional belt covering Mysuru, Mandya, and Chamarajanagar, along with localized hotspots in intensively irrigated areas that have shallow groundwater conditions.

Researchers note that the presence of intensive agriculture, fertiliser use, and industrial activity further increases the susceptibility of groundwater in these districts.

Conversely, low vulnerability zones include areas with the steep slopes of the Western Ghats and regions with clay-rich soils or deeper water tables in the coastal and south-western districts, where lower infiltration and natural barriers provide greater protection from contamination. Higher rainfall and deeper water tables in the Western Ghats contribute to strong natural protection and limit the likelihood of contaminants reaching the aquifer.

However, many of these districts are also experiencing rapid urbanisation and industrial expansion, which can lead to groundwater stress if land-use changes continue without adequate safeguards.

Researchers emphasise the need for improved groundwater monitoring, better recharge management, and careful land-use planning in districts with higher groundwater vulnerability risk.

"The analysis provides a valuable decision-support tool for groundwater management in Karnataka. The results can guide the prioritisation of monitoring networks, regulation of pollutant sources, placement of recharge structures, and identification of districts requiring immediate intervention," the researchers noted in the study.

PAGE 12
EIGHT HOURS, STAR STANDS FIRM: Rana supports Deepika's stand, calls long working hours harmful for artists

SOCIALTATTLE

WHAT'S TWEETING

SaveBellandur(ಬೆಳ್ಳಂದೂರು ಉಳಿ... · 3h
@Jointcptraffic @blrcitytraffic, Sarjapur road.Kasavanahalli road,Haralur road,entire area is abused where footpaths(drain slabs since we don't have footpath) are used for parking everywhere. No complaints are yielding results! @DCPSouthTrBCP @acphsrtrps @bellandurutrfps
public eye reporter @m1833302 · 1d
Replying to @bellandurutrfps @DCPSouthTrBCP and 7 others
Any action or notice them

A social media user has highlighted how Sarjapur Road, Kasavanahalli Road and Haralur Road commuters are forced to walk on drain slabs, now misused as parking spaces, making daily mobility unsafe. Complaints, they say, have yielded no results.

@maaz_lensation has flagged the daily danger on the Nelamangala–Tumakuru National Highway, saying people navigate a risky stretch every day with poor road safety conditions, calling for urgent intervention before accidents turn fatal.

THAT WENT VIRAL

Platform X user @zibijamal highlighted simple #RecycleResolutions, washing food dabbas before disposal, responsibly discarding old clothes, and wrapping broken glass in red-marked covers, stressing that small habits can protect waste pickers and improve recycling.

zibi @zibijamal · 6d
Keeping this resolution: #RecycleResolutions
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- For old clothes - calling 9741730854 to discard responsibly
- Wrapping broken glass - Marking it Red - so waste pickers know its reject

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FARNAZ

CM, Oppn leaders mourn veteran trade union leader Subbarao

Karnataka Chief Minister Siddaramaiah said that H.V. Anantha Subbarao, who remained active in workers' struggles till the very end of his life, was a committed Communist Party of India (CPI) leader.

He was speaking to the media on Thursday after paying his last respects to the mortal remains of late Comrade H.V. Anantha Subbarao.

Veteran Trade Union leader HV Anantha Subbarao, 84, passed away in Bengaluru on Wednesday following cardiac arrest.

He was well-known for his long years of work with the state-owned road transport corporation.

He is survived by his wife Nagaratna and two daughters. Associated with the All India Trade Union Congress his entire life, he was at the forefront of the transport workers union in Karnataka for decades.

"Comrade Anantha Subbarao was actively involved in several struggles as a voice of workers. Even a month ago, he had met the Chief Minister as a representative of KSRTC employees. He had served as the President of the KSRTC Joint Action Committee and as the President of the staff union. He was a committed, secular CPI leader," Siddaramaiah said.

—IANS

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PROPERTY ANCILLARIES

COMMERCIAL PREMISES

SAHAKARNAGAR Commercial retail space sale, tenant paying 2.5L per flr, 2500 sqft luxury one floor one unit 100% flr office space: 8088330330

COMMERCIAL retail space for sale with tenant paying 3L per flr, 3200sqft, Yeshwanthpur nr Kia showrm, one flr one unit 100% flr office space: 8088330330

YELAHANKA Commercial retail space for sale, with tenant paying 3L per flr, 3000sqft luxury one floor one unit 100% flr office space sale: 8088330330

personal

CHANGE OF NAME

I, Isheeta Dhruv R/o No.213, Jakkur Lyt, Shobha Orchid, Byatarayanapura, Bengaluru 560064 have changed my name to Isheeta Ketan Dhruv. Affidavit Dt.29/01/2025 Notary Harisha G, B'luru

I, Shantha Kumara.S S/O, Shivaram.K R/o #7/2 6th Cross Near Shiva Temple Tulasinagara .G Hosahalli Bangalore 560091 have changed my name to Shanth Kumar.s for all purposes.

I, Hazel Roshini Rajashekar R/o No.724, 7th A main, 1st block, Kalyananagar, Hrbr Lyt, Bengaluru 560043 have changed my name to Roshini Rajashekar. I shall be called by this name for all purposes

I, Afzal Abeeda Banu, W/o Afzal Khan, residing at #167/A, 2nd Cross, Pipeline road, 2nd Stage, Kumaraswamy Layout, Bengaluru-560078 have changed my name to ABIDA BANU, affidavit dt: 29.01.2026 notary Meer Hassan, B.lore

I, Sandeep Somankoppa S/O, Manohar R/o Flat No 302 Nandi Shelters 15th Main Rd Jhs Layout Subramanyapura Thurahalli Bengaluru 560061 have changed my name to Sandeep M Somankoppa for all purposes

I, RAMAKRISHNA R/at No. 9, 2nd Main Balaji Layout Maragondanahalli Main road Krishnarajapuram, Bengaluru-560036 have changed my name to RAMAKRISHNA. K vide affidavit dated: 29/1/2026 Before Notary K.V.Mani Bangalore

I, RUCHITA MANOHAR D/o P N MANOHAR REDDY R/at No. 14 2nd B Cross Sapthagiri Layout, Munnekolala Marathahalli, Bengaluru, 560037 have changed my name to RUCHITHA MANOHAR vide affidavit dated: 28/1/2026 Before Notary K.V.Mani Bangalore

TENDER NOTICE

HYATT CENTRIC
HEBBAL BENGALURU

Hyatt Centric Hebbal Bengaluru
(A unit of SV Enterprises)

Invite quotations from established suppliers for the following items on annual Rate Contract Basis from 1st April 2026 to March 31st, 2027 for Hyatt Centric Hebbal Bengaluru (a unit of SV Enterprises).

Below Mentioned Categories: -

1. Fruits	13. Frozen Corn & Green Peas
2. Vegetables (Local)	14. Ice Cream
3. Exotic Vegetable	15. Indian Groceries Pulses & Tin Products
4. Cheeses	16. Dry Fruits
5. Milk & Milk Products	17. Imported Groceries
6. Poultry	18. Sweet & Condiments
7. Eggs	19. Office Stationery
8. Fresh Mutton & Meat	20. General Disposable Items
9. Fresh Fish & Sea Foods	21. Charcoal
10. Frozen Cold Cuts	22. Gel Fuel
11. Breads & Chapati	
12. Grated Coconut	

Tender forms along with specifications, are available for collection at the purchase office of Hyatt Centric Hebbal 43/4, Hebbal Village, Ballari Road, Bengaluru, Karnataka, 560 092, They can be obtained at a cost of Rs. 500 per application from 30th January 2026, until 8th February 2026. All the sealed tenders should be addressed to the Hyatt Centric Hebbal purchase committee. The purchase committee retains the right to accept or reject tenders in full or in part without providing any reasons.

Contact: **Mr. Anand.CL**
Materials Manager, Email: cl.anand@hyatt.com
Contact-6364932080 /08069861246

I Roopa Gunasekara D/O, Shivanna R/o Flat A 1102, 11th Floor, Shriram Luxor, Hennur Main Road, Kannur, Bengaluru - Karnataka - 560077 have changed my name to Roopa Shivanna.

I, Aasma Shuaib Mulla, R/o. S-307, Intact Avenue Apts, 13th Cross, Avenue Lane, Nyanappanahalli Main Road, Blr-076, have changed my minor son's name from SAQIB to SAQIB SHUAIB MULLA for all purposes.

I, Aasma Shuaib Mulla, R/o. S-307, Intact Avenue Apts, 13th Cross, Avenue Lane, Nyanappanahalli Main Road, Blr-076, have changed my minor daughter's name from KHADEEJA to KHADEEJA SHUAIB MULLA for all purposes.

I Anand Dilip Ingole S/o. Dilipkumar Zaburao Ingole, 38 yrs residing at 203, DLF, Amruthahalli Bangalore, have changed my name to Anand Dilipkumar Ingole for all purposes as per Affidavit - IN-KA30901615650172X on 22-Dec-2025 attested by Notary Public - S R Ravi Kumar

I, Majid R/O 850/A, 10th Crs, Yeshwanthpura, Bangalore-560022 have changed my name to Majid Shariff for all purposes.

I, Rama Limbare R/o Address No 105 G Block 20th Main Road Sahakarnagar Bengaluru 560092 Have changed my to Rama Maruti Limbare for all purpose.

I, AMINA BI residing at Arasanahalli village, Lakkuru Hobli, Malur Taluk, Kolar Dist. I have changed my name to AMEENA BI. Vide affidavit dated 24/01/2026 sworn before notary R C Appaji Gowda Malur

I, MUNNAVVAR SULTANA SHAIKH, D/o Shaikh Babusaheb, R/o No Building No 580, 17th A Main 6th F Cross 6th Block Koramangala Bengaluru-560095. I have changed my name to MUNAVVAR SULTANA SHAIKH FOR ALL FUTURE PURPOSE.

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EUROPE 13 DAYS MAY: 5
DUBAI 5 DAYS FEB: 10, 24 MAR: 10, 25
SINGAPORE MALAYSIA/THAILAND* 7/11* DAYS FEB: 5 MAR: 5, 24
BANGKOK PATTAYA 5 DAYS FEB: 10 MAR: 10, 30
BHUTAN 8 DAYS FEB: 24 MAR: 24 APR: 21 MAY: 19
SRI LANKA 7 DAYS FEB: 21 MAR: 15
VIETNAM 8 DAYS FEB: 26 / BALI 7 DAYS MAR: 6
NEPAL WITH MUKTINATH 8 DAYS MAR: 10 APR: 14 MAY: 5
ANDAMAN 6 DAYS FEB: 15 MAR: 4
KAILASH MANSAROVAR 14 DAYS MAY: 21 JUNE: 25

HEALTH TIP: Neem has antibacterial antifungal properties, treating acne, dandruff, and minor skin infections very effectively naturally

After heavy greasy meals, drink half spoon black salt water to ease indigestion naturally well

CAN SHOES ALTER YOUR MIND?

What neuroscience says about foot sensation and focus

Athletic footwear has entered a new era of ambition. No longer satisfied with promising comfort or performance, some brands now suggest their shoes can influence the brain itself. Nike, for example, claims its latest designs can activate neural pathways, heighten sensory awareness and even improve concentration by stimulating the soles of the feet.

"By studying perception, attention and sensory feedback, we're tapping into the brain–body connection in new ways," said Nike's chief science officer Matthew Nurse in a recent press release. "It's not just about running faster – it's about feeling more present, focused and resilient."

Other companies, including Naboso, market "neuro-insoles," textured socks and sensory footwear designed to stimulate the nervous system. The concept is appealing: since the feet contain thousands of sensory receptors, could activating them really sharpen the mind?

Neuroscience suggests the reality is more nuanced – and far less dramatic – than the marketing implies.

The foot–brain connection

The soles of the feet are densely packed with mechanoreceptors that detect pressure, vibration, texture and movement. Signals from these receptors travel through peripheral nerves to the spinal cord and ultimately reach the somatosensory cortex, the brain region that maintains a detailed map of the body.

The feet occupy a meaningful portion of this cortical map, reflecting their importance in balance, posture and locomotion. Footwear also influences proprioception – the brain's sense of where the body is in space – which depends on information from muscles, joints and tendons.

Because posture and movement are closely linked to alertness and arousal, changes in sensory feedback from the feet can affect how stable, grounded or awake a person feels. This is why neurologists and physical therapists carefully consider footwear when treating patients with balance disorders, neuropathy or gait abnormalities.

However, altering movement or stability is not the same as enhancing cognition.

Minimalist shoes and sensory input

Minimalist footwear, with thinner soles and greater flexibility, allows more tactile information to reach the brain than heavily cushioned shoes. Laboratory studies show that reduced cushioning can increase awareness of foot placement and ground contact, sometimes improving balance or gait consistency.

But more sensation is not automatically better. The brain constantly filters incoming sensory data, prioritizing what is useful and suppressing what is irrelevant. For individuals unaccustomed to increased sensory input, minimalist shoes may actually raise cognitive load, drawing attention toward the feet rather than freeing mental resources for focus.

Sensory stimulation can heighten awareness, but beyond a certain point it becomes distracting noise.

Can shoes boost concentration?

This is where neuroscience becomes especially skeptical.

Sensory input from the feet primarily activates somatosensory brain regions. In contrast, concentration and executive function depend on distributed networks involving the prefrontal cortex, parietal regions and subcortical structures such as the thalamus. These systems are also modulated by neurotransmitters like dopamine and norepinephrine, which shape motivation, attention and mental energy.

There is currently little evidence that passive underfoot stimulation – textured insoles, novel foam geometries or micro-patterned surfaces – meaningfully improves concentration in healthy adults.

Some studies suggest that mild sensory stimulation may increase alertness in specific groups, such as older adults training for balance or patients undergoing rehabilitation for sensory deficits. Even then, effects tend to be modest and context-dependent.

In short, increased sensation does not equal improved thinking.

The power of belief

None of this means people who feel more focused in certain shoes are imagining their experience.

Expectation plays a powerful role in human perception. Placebo effects can influence pain, mood, motivation and even physical performance. If someone believes a shoe enhances focus, that belief alone may change behavior, posture and confidence – sometimes enough to produce measurable benefits.

Researchers are also increasingly interested in embodied cognition, the idea that bodily states influence mental processes. Standing taller, moving more smoothly or feeling physically stable can shape emotional state and perceived mental clarity. Footwear that subtly alters posture or gait may therefore influence how focused a person feels, even without directly modifying cognitive circuits.

Where marketing overreaches

The issue is not whether footwear affects the nervous system – it clearly does. The problem lies in overstated claims that blur the line between sensory modulation and cognitive enhancement.

Neuroscience supports the idea that shoes can change sensory input, posture and movement. It does not support claims that footwear can reliably improve attention or concentration in the general population. If such effects were strong, they would be robust, measurable and reproducible. So far, they are not.

Shoes can shape how we feel in our bodies and how we interact with the ground beneath us. They can influence comfort, confidence and physical awareness. Those factors matter.

The Conversation By Atom Sarkar, Drexel University

MIRRORLIGHTS

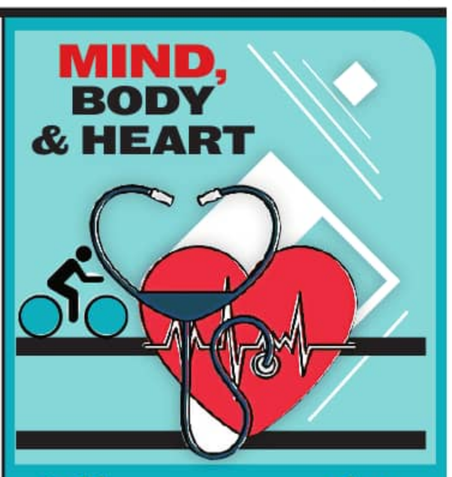
Economic Survey urges dietary reforms as public health priority nationwide

The Economic Survey 2025–26 has called for dietary reforms to be treated as a major public health priority and placed at the centre of India's strategy to prevent non-communicable diseases (NCDs). Tabled in Parliament by Finance Minister Nirmala Sitharaman, the survey stresses that nutrition plays a decisive role in tackling rising lifestyle diseases, cancers, antibiotic resistance and declining immunity.

The survey cautions that energy drinks, nutrient beverages, stress-relief formulations and weight-loss drinks marketed as nutraceuticals are not equivalent to clinically validated therapies, and urges greater consumer awareness to enable informed choices. It highlights that large sections of India's population consume excessive cereals while falling short on protective foods such as pulses, milk, nuts, fruits and vegetables, contributing to nutritional imbalances.

India's nutrition landscape, the survey notes, remains complex, with persistent child malnutrition, deficiencies among adolescent girls, pregnant and lactating women, and widespread micronutrient and mineral shortfalls, particularly among vulnerable communities. While programmes such as the National Food Security Act, Poshan Abhiyan, mid-day meals, supplementary nutrition for adolescent girls, and take-home rations form the backbone of nutrition policy, concerns continue to persist and, in some cases, worsen.

The survey calls for a "whole-of-life" approach, strengthening interventions from infancy through adulthood, shifting focus from mere access to food towards quality, diversity and outcome tracking. Ultimately, survey stresses state action, community particpation drive nutrition outcomes. —PTI



All you need to know about...

Breast health

Breast Self-Awareness
Breast self-awareness is a flexible approach to early detection that focuses on knowing what your breasts normally look and feel like, rather than following a strict monthly self-exam routine. Doctors now recommend this approach because evidence shows structured self-exams do not find more cancers than mammograms alone and may increase anxiety. Breast self-awareness complements screening by helping people notice changes between mammograms or before they reach screening age.

Daily Practice
There is no fixed technique or schedule. Awareness can happen naturally—while showering, dressing, exercising, or looking in the mirror. You might notice a change in shape, a new area of tenderness, or something that feels different. The goal is familiarity, not perfection. Being attentive during everyday moments makes awareness feel less medical.

Warning Signs
Beyond lumps, watch for nipple inversion, discharge, skin dimpling, redness, changes in breast size, or persistent pain in one spot. Most changes are not cancer, but any new or unusual finding that doesn't go away should be discussed with a healthcare provider. Getting checked is a precaution, not a diagnosis.

Screening Matters
Breast self-awareness does not replace mammograms. Regular screening—starting around age 40 or 45 for average-risk individuals—remains essential. Those with higher risk may need earlier or additional imaging. Knowing your body, staying alert to changes, and following screening recommendations together provide protection. —AP

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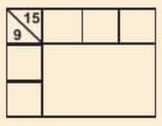
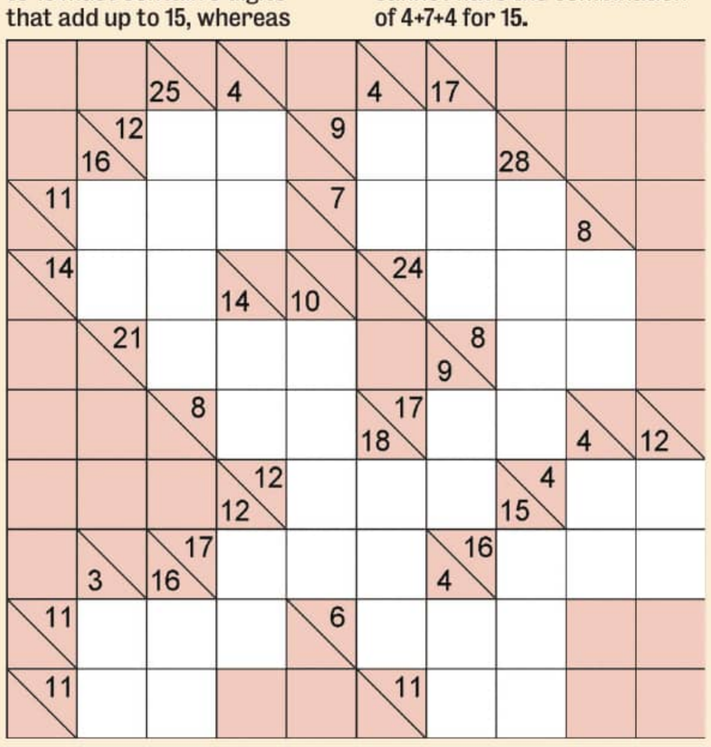
Kakuro

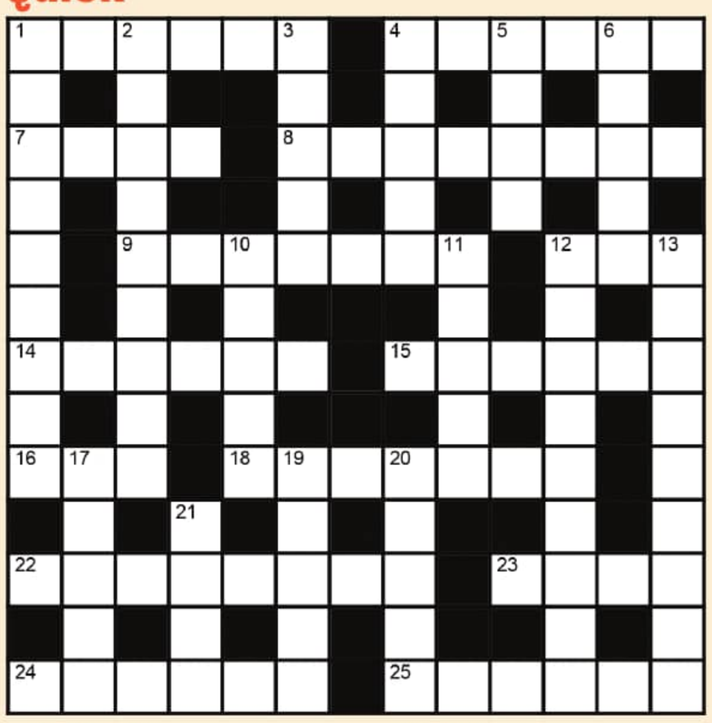
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Hollywood star Mel ___ (6)
4 Polar surface (3-3)
7 Existing in fact (4)
8 Coup (8)
9 Official language of Karnataka (7)
12 To the ___ degree (the ultimate) (3)
14 Altitude (6)
15 Principal meal (6)
16 Large container (3)
18 Skilled craftsman (7)
22 Pens something, should we say? (6,2)
23 Style of skirt (4)
24 Contorted–"witty's" anagram? (6)
25 Remained (6)

DOWN

1 Architect of glasnost and perestroika (9)
2 Ostracize or exclude; exclusion (9)
3 Out? (3,2)
4 Annoyed (5)
5 Cupid (4)
6 Prevent, avoid (5)
10 Former India paceman Ashish ___ (5)
11 Good-bye from Spain? (5)
12 Insignificant person (9)
13 Aghast (9)
17 Archer's missile (5)
19 Out of practice (5)
20 Objects of worship (5)
21 Greek letters–"seat" changed ? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS T

MV SPP NQBHYF OBFBTPC, NQC QBYQCFN BF NQC QCSOCH MV NQC VBGCX FNSUF.

Linemaro

I think I'm dying because I'm looking at Heaven

Mindchow

If you are irritated by every rub, how will your mirror be polished?

Joke of the day

How does a lion greet the other animals in the field? Pleased to eat you

Loop

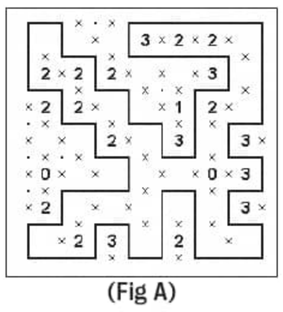
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

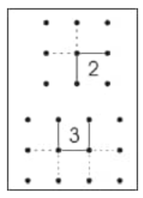
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

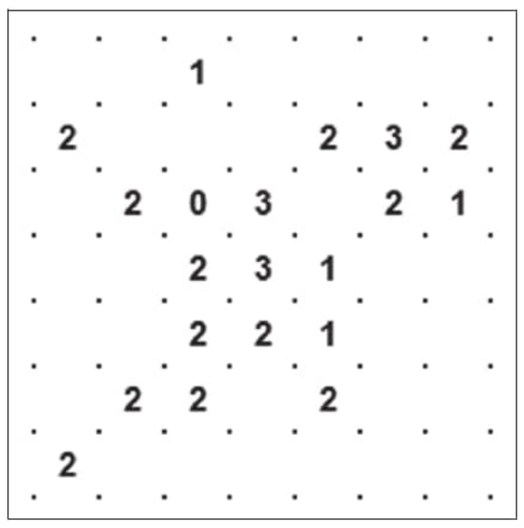
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



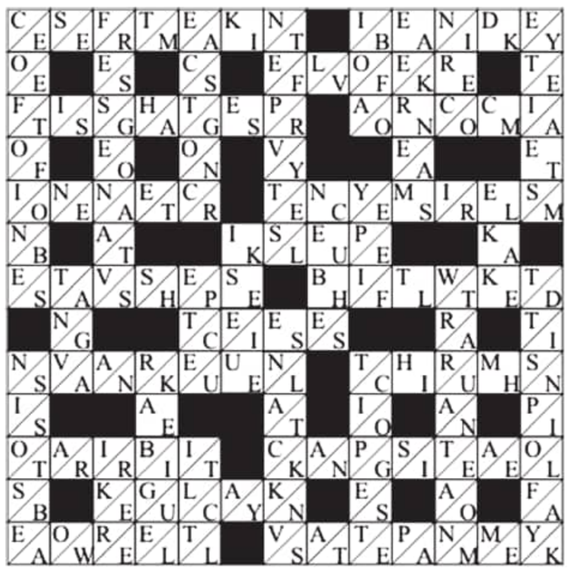
(Fig A)



(Fig B) Not Allowed



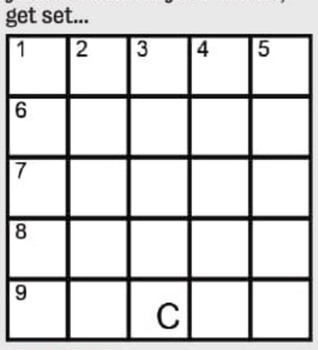
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

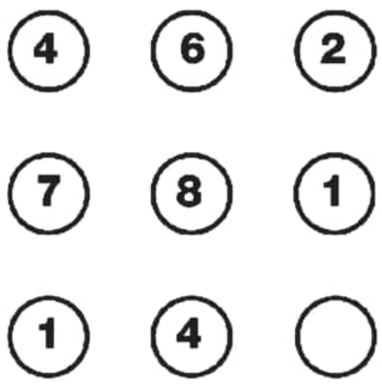
1 Clams; 6 Ural I;
7 Non by; 8 Melia (1-4);
9 BCC ya

DOWN

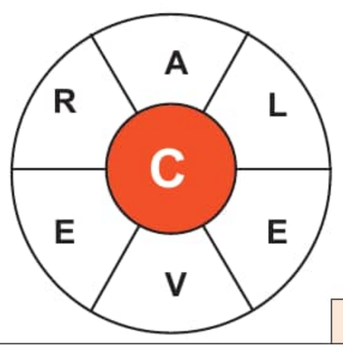
1 Be cub; 2 Amora;
3 Calin; 4 Amnic;
5 Ly S Ly

Mensapuzzle

Which number goes in the empty circle and finishes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; **11** Good; **13** Outstanding

SudokuChallenge

7	4				5			3
	2				8		1	6
				6				
6	8		5		2			
		9				4		
			8		7		9	5
				1				
2	5		9				7	
3			2				6	1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 11

5 6 6 6

Medium = 19

2 5 6 9

Hard = 36

4 5 6 8

Hocusfocus

Find at least six differences in details between panels.

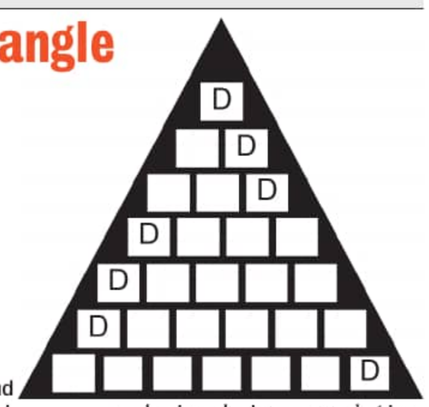
Differences: 1. Stripe is thinner. 2. Arm is lower. 3. Leg is moved. 4. Fence board is longer. 5. Shirt is different. 6. Line in sidewalk is moved.

Riddler

Fill in the blank with a word that rhymes with one of these three words, is a synonym of another one of these three words and is an anagram of the last of these three words

Alpha triangle

1 Five hundred
2 Overdose, abbr.
3 Fox
4 Decimal points
5 Overindulges
6 Wicked ruler
7 Detected

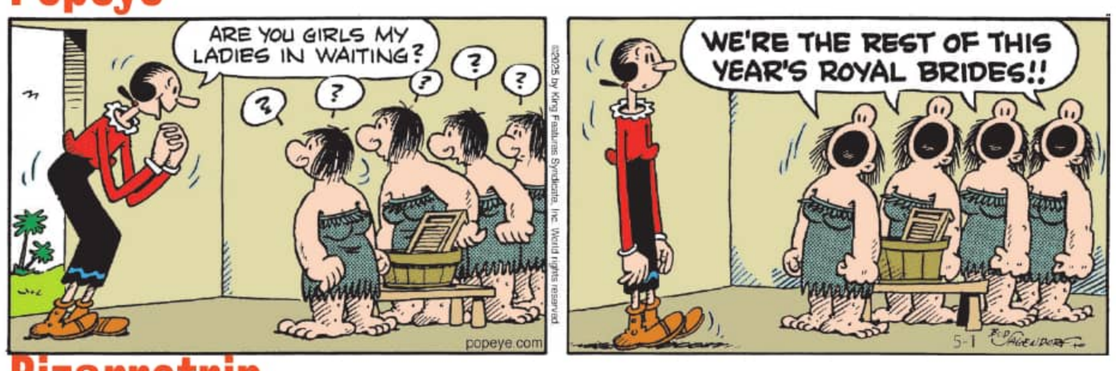


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye



Bizarrotrip

And you're willing to corroborate my client's alibi under oath?
WITNESS PAMPERING
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Diamond Lil

BOY, I LOVED TRICK-OR-TREATING...
THE DRESSING UP IN COSTUMES, THE FREE CANDY, THE EXCITEMENT OF IT ALL...I SURE MISS IT
HOW OLD WERE YOU WHEN YOU STOPPED?
73. MOM SAID I HAD TO
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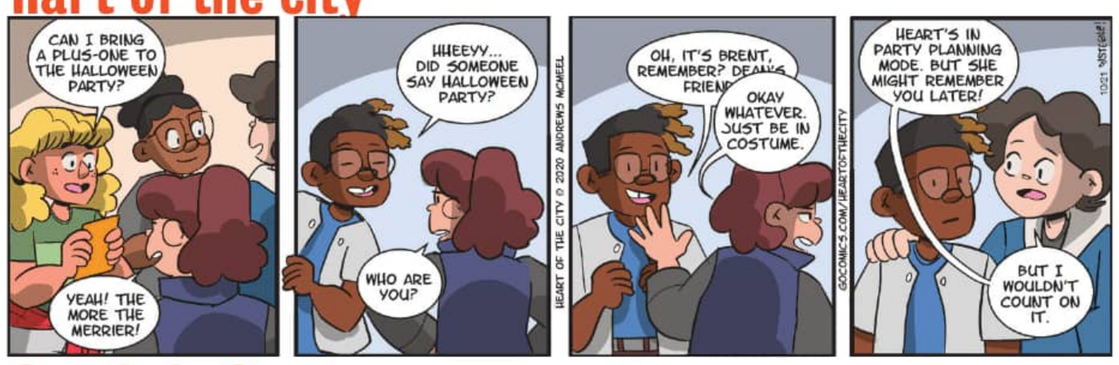
Hart of the city


CAN I BRING A PLUS-ONE TO THE HALLOWEEN PARTY?
YEAH! THE MORE THE MERRIER!
WHEEVY... DID SOMEONE SAY HALLOWEEN PARTY?
WHO ARE YOU?
OH, IT'S BRENT, REMEMBER? DEANS FRIEND
OKAY WHATEVER. JUST BE IN COSTUME.
HEART'S IN PARTY PLANNING MODE. BUT SHE MIGHT REMEMBER YOU LATER!
BUT I WOULDN'T COUNT ON IT.
HEART OF THE CITY © 2020 ANDREWS MCMEEL
©GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

I SYMPATHIZE WITH YOU WANTING TO BAN CLOTHING WITH GLITTER FROM YOUR BUS, ED...
BUT DO YOU REALLY THINK YOU'LL BE ABLE TO ENFORCE THE BAN?
IT'S EASIER THAN TRYING TO GET AN INSURANCE COMPANY TO APPROVE TREATMENT FOR GLITTER LUNG DISEASE!
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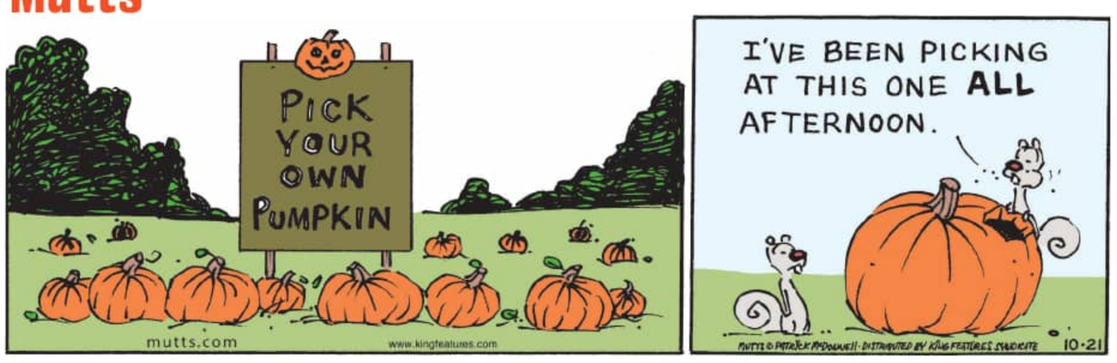
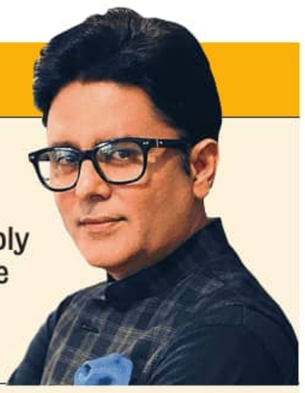
10-21

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

This cycle encourages deep introspection, intuition, and artistic expression. Solitude and time spent near water or nature will be deeply restorative. Trust your dreams and inner voice for powerful guidance regarding your path. By letting go of control, you open yourself to spiritual renewal and profound creative breakthroughs.

Aries Mar 21–Apr 20
Strong focus elevates your work. Recognition becomes likely. Short family trips strengthen bonds. Health feels stable. Students enjoy clarity and lighter pressure. Progress flows smoothly as confidence supports meaningful achievements today.

Taurus Apr 21–May 20
Work challenges ease with patience. Avoid new investments for now. Family understanding deepens through calm communication. Long-term goals strengthen personal direction. Gratitude supports stability and emotional comfort.

Gemini May 21–Jun 21
Creative inspiration guides exciting ideas. Home improvements bring satisfaction. Fixed asset investments appear promising. Good luck follows thoughtful planning. Balanced energy supports fresh beginnings.

Cancer Jun 22–July 23
Confidence strengthens leadership. Professional clarity increases. Emotional fulfilment grows through meaningful connections. Friendly gatherings restore balance. Progress aligns with purpose and determination today.

Leo Jul 24 – Aug 23
Preparation eases performance anxiety. Colleagues appreciate your support. Family connections deepen. Productivity improves through compassion. Emotional steadiness enhances clarity and strengthens harmony.

Virgo Aug 24–Sep 23
Work momentum increases with focused action. Influential guidance brings opportunities. Investments show rewarding growth. Romantic connections deepen. Personal balance comes from meaningful communication and steady progress.

Libra Sep 24–Oct 22
Support from elders brings joy. Romantic energy strengthens harmony. Career opportunities expand. Academic curiosity grows. Social interactions uplift your spirit. Balanced emotions guide thoughtful choices today.

Scorpio Oct 23–Nov 22
Reflection supports emotional strength. Meditation brings clarity. Blessings ease worries. Growth unfolds steadily. Peaceful energy encourages patience and gentle self-care. Harmony returns naturally.

Sagittarius Nov 23–Dec 22
Spiritual insight guides actions. Workplace success feels attainable. Encouraging family news brings joy. Romantic attraction grows. Students enjoy clarity. Positive energy supports exciting progress today.

Capricorn Dec 23–Jan 20
Patience resolves challenges. Calm communication eases stress. Emotional clarity improves perspective. Friends bring comfort. Evening plans create relaxation. Balanced actions support a peaceful and fulfilling day.

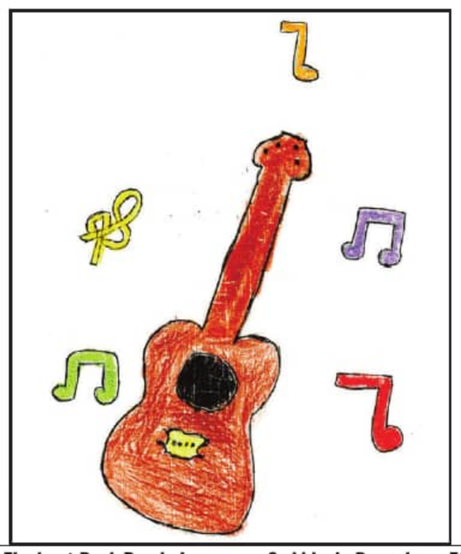
Aquarius Jan 21–Feb 19
Playful energy lifts your mood. Creativity flows effortlessly. Enjoy spontaneous moments. Easygoing routines bring joy. Personal expression strengthens confidence and inspires positive engagement today.

Pisces Feb 20–Mar 20
Thoughtful decisions guide domestic harmony. Workplace interactions require balance. Waiting to invest is wise. Emotional awareness supports healthier relationships. Calm reflection helps you navigate progress gracefully.

www.sundeepkochar.com

KIDZONE

Bhavana, Bengaluru



Prerana G, Bengaluru

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SOLUTIONS

SOLVE IN 1M
= 3.80 × 100000 × 144 × 2.4
= 3800000 × 345.6
= 1313280000

QUOTE UNCODE
Of all things visible, the highest is the heaven of the fixed stars.

RIDDLER
Nurse

FAST FIVE

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STRIKE OUT

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MENSA PUZZLE
3. Figures in the centre column equal the sum of the numbers in the right and left.

acre, calve, care, carve, cave, cereal, clear, cleave, CLEAVER, clever, crave, lace, race

BULL'S EYE

SUDOKU

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9	2	3	4	7	8	5	1	6
8	1	5	3	6	9	7	4	2
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1	3	2	8	4	7	6	9	5
4	6	8	7	1	3	2	5	9
2	5	1	9	8	6	3	7	4
3	9	7	2	5	4	8	6	1

ALPHA TRIANGLE
D, OD, Tod, Dots, Dotes, Despot, Spotted.

GO FIGURE
Easy
6 + 5 + 6 − 6 = 11
Medium
2 × 9 + 6 − 5 = 19
Hard
6 + 5 × 4 − 8 = 36

LOOP

KAKURO

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Rani's life beyond cinema

Rani Mukerji is currently busy promoting her upcoming film Mardaani 3, and alongside professional commitments, the actress has been speaking openly about her personal life. During a recent interaction, she spoke candidly about her bond with her 10-year-old daughter, Adira, revealing the warm, friendly relationship they share. In an interview with Hindustan Times, Mukerji spoke about Adira entering a new phase of life, calling it a "beautiful" milestone as her daughter reached "double digits." The transition, however, is emotionally bittersweet. She admitted revisiting Adira's baby pictures, sometimes feeling "jealous" of her own past self when her daughter was still a toddler.

Recalling light-hearted moments, the actress said Adira often teases her for watching her with nostalgia. "She's like, 'Mumma, why are you watching me like this? I am like this now,'" she shared. With humour, she added that now she can sit on Adira's lap instead. She also reflected on early motherhood, saying she misses carrying her daughter everywhere and once called her "favourite accessory," acknowledging how their dynamic has evolved.

Asked about their bond, Mukerji replied, "Of course! She's my best friend," adding she constantly reinforces that closeness.

She revealed Adira wants her present for school sports day soon. **—ETimes**

Kiara Advani's bold red glam

Kiara Advani continues proving her status as a fashion favourite. From dazzling global red carpets like the Met Gala to serving effortlessly chic streetwear, her appearances always make bold statements. Renowned for blending elegance with modern flair, the actress recently grabbed attention with a striking social media video showcasing her radiant confidence and polished style. The Instagram clip went viral instantly, highlighting her luminous skin, flawless makeup, and understated glamour. With soft, glowing makeup enhancing her natural features, open hair framing her face, and a crisp white shirt, Kiara struck the perfect minimalistic-chic balance. The bold red lipstick became the standout, adding powerful edge to her fresh look. Fans flooded the comments praising the Shershaah star's beauty. "You look so damn pretty," wrote one, while another gushed, "Mama is glowing." Her red lipstick drew special love: "That is such a gorgeous shade of red." Creative admirers called her "Our favourite vision in white" and showered Hindi compliments like "Beintehaan khubsurat ho tum, Kiara!" One fan poetically declared, "Bhagwaan ne puri tijori khatam kar di aapko banane mein."

Ready for 'Toxic'

Professionally, Kiara gears up for Toxic: A Fairy Tale for Grown-Ups, one of 2026's most awaited films. Directed by Geetu Mohandas with Yash leading, it releases March 19, 2026. Shot in Kannada and English with multi-language dubs, Kiara plays Nadia alongside Nayanthara, Huma Qureshi, Tara Sutaria, Rukmini Vasanth, Akshay Oberoi, and Sudev Nair. **— ETimes**

Eight hours, star stands firm

Rana supports Deepika's stand, calls long working hours harmful for artists

Bollywood actress Deepika Padukone, often in the news for her performances and fashion, created a stir by advocating an eight-hour work shift. Reports suggested her demand offended some filmmakers, resulting in the loss of two highly anticipated projects. Veteran actor Ashutosh Rana, a respected figure in Bollywood, firmly backed Deepika. In a recent interaction, he highlighted that working beyond eight hours can negatively affect an artist's creativity, energy, and performance.

Ashutosh Rana backs Deepika Padukone's 8-hour shift demand

While speaking to The Fresh Press Journal, Ashutosh emphasised that, in his opinion, "creative work should not be done beyond eight hours." Elaborating his stance further, he shared how longer working hours can lead to stress, low energy, and other ill effects.

He said it simply, "affects the quality of your work," before adding that "this is entirely a game of energy and strength. Ashutosh Rana says scene discussions should happen in the office, not on the shoot location

Further highlighting how clarity and preplanning are necessary, he said, "Discussions about the script, scene blocking, and planning should happen in the office. He then spoke about the importance of emotional recovery. He said that a person is advised to work out three or = four times a week, rest, and give their body time to heal and recover. "Emotional recovery, mental recovery, and physical recovery are all important," said the actor, who mentioned that even on the sets of his wife, Renuka Sahane's movies, there's a discipline of time and work ethics are followed. **—ETimes**

Vikalpa: Thrilling yet uneven

VIKALPA
3.0 RATING ★★★☆☆
- **DIRECTOR** Pruthviraj Patil
- **ACTORS** Pruthviraj Patil, Nagashree Hebbar, Harini Shreekanth, Ganapathi Hegde Vaddinagadde, Swaroop Butch, Pooja Butch
- **Duration** 113 minutes
- **Certification** U/A

Pruthviraj Patil, primarily a techie, makes his directorial debut in Sandalwood with this movie. His USP lies in handling the megaphone with aplomb while also playing the protagonist. The movie Vikalpa is reportedly based on his personal experiences. Though it belongs to the psychological thriller genre, it includes elements of love, sentiment, bonding, and comedy. The film also highlights the popularity of Yakshagana in Dakshina Kannada and other parts of Karnataka.

The story begins with a child playfully carrying balloons to an isolated spot near his home. The child gets frightened upon encountering a Yakshagana artist in demon makeup. Later, the camera focuses on a car in which Pruthvi, aka Pittu (Pruthviraj Patil), a CEO, returns to Bengaluru. The driver seeks to apologise to Pruthvi for an incident that occurred three years ago. Pruthvi lives with Samudyata (Nagashree Hebbar), a Yakshagana artiste.

Meanwhile, Pruthvi faces the wrath of an investor for the lack of progress in his company. At this juncture, he walks out of the meeting and embarks on a journey to meet Gode Narayana Hegde, a Yakshagana artist. The reasons behind his visit and the fate of Samudyata are revealed only when you watch the movie.

The film features many horror sequences that are well picturised. The director, while playing the lead, ensures that the cinematographer captures these scenes effectively. Some sequences, particularly between Pruthviraj Patil and Ganapathi Hegde Vaddinagadde, are hilarious. A standout moment is when the protagonist arranges a Yakshagana performance by a renowned artist for his ailing mother, superbly captured on screen. The movie may not appeal to mass audiences as it lacks action sequences. Certain scenes, like the protagonist and his friend visiting an astrologer, feel incongruous.

Overall, Vikalpa is worth watching for viewers who enjoy psychological horror-thrillers and well-executed suspense.

—Y Maheswara Reddy